

# Tracking workouts with a fitness log and Fitbit device or app

1. Save the fitness log file on the computer for each week you will report on workout sessions.
2. Fill out week number
3. Take resting heart rate at least 3 times throughout the week (best time is when you first wake up) and report average. If you have a Fitbit device your dashboard will report your weekly average, but you need to be wearing your Fitbit all day (at rest and during activity) to get an accurate report.
4. Fill in each column of the chart with the information needed for each workout:
  - **Date of workout**
  - **Brief description of the activity** (if multiple things please list each)
  - **Duration of session** - how long did it last?
  - **Average working heart rate OR Rate of Perceived Exertion** - If a Fitbit workout - check dashboard for the average HR of workout.
    - If not a Fitbit workout - use the RPE scale:



Example of heart rate data from the Fitbit dashboard for 1 workout:



- **Component of Fitness** - list one or multiple components you may have worked during the session (Cardiovascular, Muscular Strength, Muscular Endurance, Flexibility or Body Composition)
- **Fill out information of your fitness sponsor for any workout not saved to your Fitbit account.** This may be a parent, guardian, teacher, coach, or personal trainer. Be sure to provide your fitness sponsor information below the chart (name, phone number and email).
- **At least HALF of your weekly workouts need to be downloaded (verified) via your Fitbit app or device.** You will need to log in to your Fitbit account and access your dashboard and "activities list". Watch the video provided on how to grab the appropriate information needed and paste into your validation column.
- <http://www.kaltura.com/tiny/qwg5s>
- Example of Fitbit App use for a workout (reports pace, distance, time, and date):



- Example Fitbit Charge HR or Charge 2 workout from dashboard (reports date, time, miles or steps, minutes, average heart rate, calories burned):



5. **Save fitness log with screenshots of each workout and/or fitness sponsor information and submit to the correct weekly dropbox.** Don't forget to save your Fitbit workouts to verify those specific workouts. If you do all your workouts with a Fitbit device or app you do not need a fitness sponsor. The fitbit validates all your workouts! If you need a fitness sponsor for activities be sure to provide all the contact information (you can also have more than 1 fitness sponsor - just be sure to provide all contact information).